Senior Aqua Aerobics

Parents of employees are eligible to attend, family badge needed for main gate entry.

(Formerly Senior Aerobics) This is a low impact, fitness & aerobics based class for active seniors that will include strength and balance, stretching and toning, which is perfect for folks with arthritis. *Participants should check with their physician before starting any exercise program.* Classes will be held in our pool (Bldg 478) on Wednesday's from 9-10am. Advanced registration is necessary and cannot be pro-rated. Please make checks payable to BERA and mail to: Recreation Office, Bldg 400A.

Office, Bldg	400A.		
WHEN:	Wednesday, (1) Sept 4 to Oct 23, 2013 (2) Oct 30 to Dec 18, 2013		
FEE:	(1) \$40 for 8 weeks (2) \$80 for 16 weeks		
TIME:	9-10am		
WHERE:	Pool - Bldg 478		
		•	ment enclosed for:
Wednesdays (1) Sept 4 to Oct 23, 2013			\$40 for 8 weeks
	(2) Oct 30 to Dec 18, 2013	()	\$80 for 16 weeks
Name:	(Please print)		
	(Please print)		
Email address:		BNL Life/Guest Number:	
Home Phone N	Number:	-	
Emergency Co	ontact Name & Phone Number:		
Make checks	payable to BERA and mail to: Recreation Off	ice. Blda 400A	

Participation in BERA events is limited to employees, their adult children or parents of employees and retirees. Guest users or family members must provide a copy of their medical insurance card Participants should check with their physician before starting any exercise program.